Principal’s Message:

NAPLAN

Next week, (Tues - Thurs 10 -12 May), students in Years 3 and 5 will undertake the 2016 NAPLAN tests. These test days should be treated as just another routine event on the school calendar. The best way you can help your child prepare for NAPLAN is to ensure they are well rested, have had a good breakfast before they come to school and reassure them that the tests are not a big deal. You can ask them to try their best on the day. Individual student NAPLAN reports will be sent home early in Term 4. Please contact me if you do not wish your child to participate in this assessment program either on 3381 4333 or come to the office. More information is available at www.naplan.edu.au

NAPLAN 2016 timetable

<table>
<thead>
<tr>
<th></th>
<th>Tuesday 10 May 2016</th>
<th>Wednesday 11 May 2016</th>
<th>Thursday 12 May 2016</th>
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<tbody>
<tr>
<td>Year 3</td>
<td>Language conventions 40 minutes</td>
<td>Reading 45 minutes</td>
<td>Numeracy 45 minutes</td>
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<td></td>
<td>Writing 40 minutes</td>
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<tr>
<td>Year 5</td>
<td>Language conventions 40 minutes</td>
<td>Reading 50 minutes</td>
<td>Numeracy 50 minutes</td>
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<td></td>
<td>Writing 40 minutes</td>
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Attendance

Last term our school attendance result was 93.3% which is not too far off our target of 95%. We are aiming for this again this term which will be a huge effort due to us entering the cold and flu season. Please remember that if you are away, please call the office to let us know. This really helps us with tracking our student’s attendance. Remember that Everyday Counts!
Update Contact Details

There have been a few occasions recently when staff have not been able to contact families easily due to incorrect or out of date contact details. It is critical that we have the most up to date contact details so teachers can make contact to discuss your child’s progress or for our office staff to inform you if your child is unwell. We certainly appreciate that updating details can be overlooked so we will be sending home forms so you can update contact information. As this is a large administrative task we will be sending paperwork home with students, rolling it out across individual year levels/classes at a time.

Are you parking Safely? Legally? Courteously?
Parents please consider our neighbours when you park in the morning or afternoon to drop off or pick up your children. We endeavour to maintain good neighbourhood relations and we need your help and cooperation to do this. Please follow the road rules and park legally with due care and respect for our local residents and other drivers. Parking on the footpath or across a driveway or double parking in the pick-up area is neither legal nor courteous and endangers the lives of our children. Safe parking keeps our children safe.

Sleep
A good night’s sleep is important for growth and development in all children. When your child sleeps well, they are more settled, happy and ready for school the next day. Getting enough sleep strengthens their immune system and could reduce the risk of infection and illness.

Children aged 6-9 need **10-11 hours sleep a night**. They’re usually tired after school and might look forward to bedtime from about 7.30 pm.

A bedtime routine is very important at this age. It helps your child wind down from the day. Keep the bedroom dark, cool and quiet so they can drift off easily.

After a big day at school, many of the day’s events and worries might be still rattling around in your child’s head. If they’re still unresolved when your child goes to bed, it can cause a restless night or bad dreams. You can help your child settle and relax for **sleep** by promoting good sleep habits.

Meridee Cuthill
Principal
Tuck Shop Changes and Healthy Lunches

Changes are on their way!

In February, the Department of Education and Training (DET) announced three major changes to the classification of foods and drinks under Smart Choices, the Healthy Food and Drink Supply Strategy for Queensland Schools in February 2016. These changes are in response to growing concern over dramatic increases in levels of obesity in children and young people and are based on the Australian Dietary Guidelines for Children and Adolescents (2003). The deadline for implementation of these changes is Term 1, 2017 and will affect all food and drink that can be supplied to children in school settings. This will include food options at school discos and other community events, edible treats given as rewards at school and also the menu at the school Tuck Shop.

The Smart Choices Strategy states that:

"Schools have an important role in promoting healthy eating and physical activity to students and providing an environment that supports a healthy lifestyle. A healthy diet can improve behaviours critical to educational success and performance at school. Effective school-based nutrition and health interventions can also improve academic performance.

Tuckshops are an important part of the school environment; they can model healthy food and
drink choices that are tasty, interesting and affordable…”

You can learn more about the smart choices strategy by following this link: http://education.qld.gov.au/schools/healthy/docs/smart-choices-strategy.pdf

The good news is that at Collingwood Park State School we see these mandatory changes as an exciting opportunity rather than a problem!

The changes will be introduced gradually over the rest of the year and will be part of a wider initiative to educate the children about food, nutrition and healthy choices.

**Year 6 Healthy Lunches Incursion**
This week, funded by Ipswich City Council, a nutritionist from “Complete Performance Solutions” came to speak at Assembly and work with our Year 6 classes on the topic of Healthy Lunches. Parents who attended our Wednesday assembly will have seen the healthy lunch education stand outside the hall – providing parents with ideas and recipes for simple, nutritious lunch options and suggestions to promote healthy eating for children.

**The Mad Science Food Program**
On Tuesday 24th and Wednesday 25th May, “The Root Cause” will visit Collingwood Park State School to run their “Mad Food Science” workshops for all classes. The Root Cause is touring Australia on a mission to “Improve Children’s Health – one lunchbox at a time”. As children’s health is critical, we want to ensure that all our students attend these fun, interactive, educational workshops. For this reason, instead of requesting payment from parents, we have sought financial help from local businesses and organisations.

**We are very grateful to:**
- Peter Clymo of Redbank Newsagency who has made a donation of $1000
- Mayor Paul Pisasale and Councillor Kerry Silver who together have also pledged $1000.
- Woolworths who will provide the large quantity of food needed for the workshops
- Coles who have also pledged to help with future food costs associated with our new tuck shop menu project (see below).

We are currently still seeking donations totalling $2350. Our P&C are fully supportive of this incursion and have agreed to meet any shortfall if no further donations are made. However, if you know of a local business who would be interested in supporting this incursion, or if you would like to make a donation yourself, please get in touch with either myself or Mrs Margaret Simpson through the school office.

**Mad Food Science Parent Workshops – Tuesday 24th May**
As part of our incursion package, “The Root Cause” will be offering free parent workshops here at school on Tuesday 24th May. The time of the workshop is yet to be confirmed but is likely to be soon after school or early evening to enable the most number of parents to attend. I will confirm the details nearer to the time.

**New Tuck Shop Menu Project**
To build on the anticipated interest and enthusiasm in healthy eating after The Mad Food Science incursion, we would like to involve the students in helping to design our new healthier Tuck Shop Menu. We will be looking for representative students from each Year level to act as taste testers and select new food items for the menu. I’ll share more information about this in the next few weeks.

**Jill Rutland**
Deputy Principal
Dear Families,

The Collingwood Park State School P&C is working to identify some key priorities for 2016.

In order to determine what these are, we would like to invite every family to complete this short anonymous online survey.

Please take this opportunity to have your say and provide some input into the direction the P&C takes this coming year.

Results of this survey will be discussed at the next P&C meeting on May 10th at 7pm in the Seminar Room.

Please feel free to come along.

Please go to the following link to complete the survey.

https://www.surveymonkey.com/r/SKR6QW8
Prep students may now order their lunch from the tuckshop.

They are **not** allowed to make over the counter purchases for ice blocks.

**Online Ordering**

If you are ordering tuckshop online please make sure that you have updated your student/s class.

*If you can assist at tuckshop, please give us a call as we would really appreciate your help.*

Should you have a problem or cannot make your rostered day, please give the tuckshop a call with as much notice as possible.

**Diane:** (07) 3818 0687  
**Mobile:** (0403) 945 014  
**Tuckshop:** (07) 3381 4335

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**UNIFORM SHOP**

**SALE**

**50% OFF**

**LONG SLEEVE POLO’S, LONG PANTS and GIRLS TIGHTS**

**Limited Sizes Only**

**SECOND HAND WINTER JUMPERS**  
$2.00 EACH

**Opening Hours**

Monday and Thursday  
8.30am to 10.30am  
Telephone: 3381 4336

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**Mother’s Day Stall**

Times will be available for students to shop on

Thursday 5th May and

Friday 6th May

Gifts from $1.00 to $10.00

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**Term 2 Roster**

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<thead>
<tr>
<th>Date</th>
<th>Staff</th>
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<tbody>
<tr>
<td>Thursday 05/05/16</td>
<td>Michelle Handyside</td>
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<tr>
<td>Friday 06/05/16</td>
<td>Doreen Clement</td>
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<td>Monday 09/05/16</td>
<td>Jessica Williams</td>
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<td>Tuesday 10/05/16</td>
<td>Michelle Handyside</td>
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<tr>
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<td></td>
<td>IPSWICH SHOW</td>
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<td>HOLIDAY</td>
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<tr>
<td>Monday 16/05/16</td>
<td>Michelle Handyside</td>
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SECOND HAND
STUDENT DESKS
$2.00 EACH
please see Marg at the office.

CPSS Care Mart

In the hall every Tuesday and Thursday during 2\textsuperscript{nd} break playtime.

Students can bring their Care Cards that they have collected to trade for some fantastic rewards!

School Banking News!

CPSS students had a visit from the Commonwealth Bank Dollarmite - Pat the Dog on assembly last week!

With some help from Victoria; Pat showed the students just how easy and rewarding school banking is and presented our school with a cheque for $1144.90; money that has been raised through the Commonwealth Bank School Banking Program.

Thank you for supporting our school and helping to teach your child the benefits of saving regularly.
Jump Rope for Heart—Get involved today

Our school is participating in the Heart Foundation Jump Rope for Heart program and we would love your support!

Heart Foundation Jump Rope for Heart is an exciting and non-competitive program which encourages children to become more active through skipping, learning new skills and raising vital funds for heart research and community health programs.

Skipping is an excellent way for children to keep fit and healthy. Over the next few weeks, your child (ren) will be learning a range of fun skipping skills and new tricks. We will emphasise the importance of regular physical activity and the importance of healthy eating for a healthy lifestyle.

Jump Rope for Heart is also a great way to encourage children to get involved in our community and support Australia’s leading heart health charity, the Heart Foundation. The Jump Rope team provides us with lots of resources and support to implement the program and in return we ask that students help by seeking sponsorship for their involvement.

Sponsorship is easy – simply go online to: http://jumprope.everydayhero.do/jumprope2016/?group=Collingwood-Park-State-School-REDBANK-QLD-117513

…and register your child today!

A secure fundraising page will be created as soon as you register; and then you are encouraged to share this link with as many people as possible. This is an easy, safe way for your child to monitor their progress, receive bonus prizes and even receive sponsorship from family and friends who are further afield.

Please note that the school cannot accept cash donations. All sponsorship must be paid online leading up to the JUMP OFF date.

At the end of the program we will be holding a Jump Off, an event to celebrate and culminate the Heart Foundation Jump Rope for Heart program. This will be held on Wednesday, 18th May, 2016. The Jump Off day is a great opportunity for you to witness how much fun skipping can be, come along and pick up a rope!

Let your teacher know when your child(ren) has finished fundraising online. You may like to print out a copy of the donations received online.

Thank you for joining us in the fight against heart disease.

Yours sincerely,

Maria Santiago (Year 3 teacher)
Andrew Downes (Physical Education teacher)

Sport Update

Winter Sport Gala Days will include Netball, Soccer and Rugby League. These days will be held on Friday 20th May, 27th May and 3rd June between 9.30am and 2.00pm. A catch up day will be held on Friday 10th June if required.

Carnivals
Senior Athletics Carnival—Monday 20th June and Friday 24th June
Order from the following:

With a $5.00 meal deal on any day at First Lunch only.

Monday 9th to Thursday 12th May

IPSWICH SHOW WEEK

CELEBRATE
Students who have paid the SRS should now have received their login details to access Reading Eggs at home.

Reading Eggs

If you have not contributed to the scheme, but would like to, you can pay the $60 contribution either in one payment or by instalments over the remainder of the year.